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ACHIEVEMENT SCALES IN PHYSICAL EDUCATION ACTIVITIES
BOYS AND GIRLS
AGES SEVEN THROUGH FIFTEEN

WILLIAM H. PEACOCK
PROFESSOR OF PHYSICAL EDUCATION
UNIVERSITY OF NORTH CAROLINA
CHAPEL HILL, NORTH CAROLINA

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Schools Cooperating in Testing Normal Children

Albemarle City Schools, Albemarle, North Carolina
Hillcrest Elementary School, Burlington, North Carolina
Winecoff School, Cabarrus County, North Carolina
Cary High School, Cary, North Carolina
Charlotte City Schools, Charlotte, North Carolina
Chapel Hill City Schools, Chapel Hill, North Carolina
Clinton High School, Clinton, North Carolina
Carr Junior High School, Durham, North Carolina
East Durham Junior High School, Durham, North Carolina
Fayetteville City Schools, Fayetteville, North Carolina
Central Junior High School, Greensboro, North Carolina
Gillespie Park Junior High School, Greensboro, North Carolina
High Point Junior High School, High Point, North Carolina
Royal Oakes Schools, Kannapolis, North Carolina
Liberty City Schools, Liberty, North Carolina
Lumberton High School, Lumberton, North Carolina
Pittsboro City Schools, Pittsboro, North Carolina
Raleigh High School, Raleigh, North Carolina
Salisbury City Schools, Salisbury, North Carolina
Siler City Schools, Siler City, North Carolina
Millbrook High School, Wake County, North Carolina
Wilmington High School, Wilmington, North Carolina

Acknowledgment

The cooperation of the preceding North Carolina school systems in the collection of data for normal children is gratefully acknowledged by the author.



A TEST OF GROSS MOTOR ACHIEVEMENT OF CHILDREN
AGES TEN THROUGH FIFTEEN AND OF
AGES SEVEN THROUGH NINE

Purpose

The primary purpose of this test is to measure the proficiency of children in performing certain gross motor activities. It can also be used: 1) to determine whether students are making progress in the acquisition of certain motor skills; 2) in diagnosing strengths or weaknesses in the elements common to many team games; 3) in classifying students into groups for purposes of instruction.

Procedure in Test Administration

1. Have all facilities, equipment and record sheets necessary for conducting the test ready in advance of the testing period.
2. Instructions and demonstrations should be given to the students for each of the test items immediately preceding the administration of the item. It is essential that each student understand clearly what he is to do.

Supplementary Data

Please record on the data sheets the student's age in years and months, weight to the nearest pound and his height to the nearest inch.

TEST DIRECTIONS

Item I - Softball Throw for Distance (Tennis Ball for Children Ages 7 through 9)

Equipment needed: With groups of ten students, five regulation 12 inch softballs, in good condition, should be used. A one hundred foot measuring tape is also needed.

Description: This item will need to be administered out-of-doors. A clear space at least 200 feet long and approximately 50 feet wide is necessary for proper administration of the Item. A restraining line must be clearly marked at one end of the space and each contestant must remain behind this line when the throw is made.

Five pairs of throwers, each provided with a softball, are allowed to warm up their arms. They are then given the following instructions:

Each contestant will be given four throws. The first throw is a practice throw and will not be measured. A contestant may run up to the restraining line in making the throw but he is not to cross it. (The instructor should demonstrate the skill for the group and repeat the demonstration for each group of throwers if such a demonstration seems necessary.) The distance from the restraining line to the spot where the ball first hits the ground, for the longest throw, shall be measured to the nearest foot. This distance is then recorded. Students may be used to retrieve the balls.

Item II - Soccer Ball Punt for Distance (Volleyball for Children Ages 7 through 9)

Equipment needed: With groups of ten students, five regulation soccer balls in good condition should be used. This Item will need to be administered out-of-doors. A one hundred foot measuring tape is also needed.

Description: The soccer ball is held in the contestant's hands. He stands behind the restraining line, takes several steps and punts the ball as far as he can, being sure that he doesn't step over the restraining line until after the ball has been kicked. (This Item should be demonstrated for each group.) The receivers should let the ball bounce before catching it. They then return the ball to the kicker.

Four punts are permitted. The first punt is a practice one and is not measured. The next three count and the longest one is measured to the nearest foot from the restraining line to the spot where the ball first hits the ground. This distance is recorded.

Item III - Forty Yard Run

Equipment needed: A stop watch. If two stop watches are available contestants may run two at a time.

Description: A smooth surface at least 60 yards in length and a starting line clearly marked as well as a finish line, forty yards from the starting line, are needed.

A standing start should be used with the commands, "Ready," "Go." With the word "go" the starter brings his arm down sharply, the contestant starts his run and the timer starts the watch. The timer is stationed at

the finish line and when the contestant crosses this line the timer stops the watch. The time is recorded in seconds and tenths of seconds.

Only one trial should be allowed unless some unforeseen circumstance arises which in the opinion of the instructor should warrant another trial.

Item IV - Standing Broad Jump

Equipment needed: If given indoors the test requires a tumbling mat at least 9 feet long. A take-off line should be marked on the mat 18 inches from the end of the mat. This line could be a piece of adhesive tape. A measuring tape should have one end attached to this tape at the edge of the mat.

If the test is given out-of-doors, it is necessary to have a flat surface area approximately 6 feet by 10 feet. A take-off line should be clearly marked on the ground. A measuring tape is necessary for measuring each jump. The tape may be anchored to the take-off line.

Description: The performer stands behind the take-off line with toes on the line but not over it. The take-off is with both feet simultaneously and the jump is as far forward as possible. The distance is from the take-off line to the nearest heel (or to the nearest point to the take-off line at which any part of the body touches the ground, if body balance is lost). Three jumps are permitted and the longest jump is measured to the nearest inch. If the contestant steps over the take-off line in executing the jump, it is a foul and the jump is not counted but a trial is lost.

Item V - Side Stepping

Equipment needed: Three parallel lines four feet apart are drawn with chalk on the floor if the Item is administered indoors. If administered out-of-doors the lines are drawn on a cement surface. A stop watch is also necessary.

Description: The student stands astride the middle line. He side steps to the right until his right foot has touched or crossed the line to his right. He then side steps to the left until his left foot has touched or crossed the farthest line to his left. These movements are repeated right to left and left to right as rapidly as possible for 15 seconds. Each trip from the center line to an outside line and back to the center line counts 1 point. This Item must be carefully demonstrated in order that the children understand clearly what is required. In executing the Item the student must have his shoulders perpendicular to the lines. He may not turn his body and approach the lines face on.

The score is the number of times the student crosses the middle line in 15 seconds.

Item VI - Tennis Ball Throw for Accuracy

Equipment needed: A waste paper basket 13 1/2 inches in diameter across the top and 14 inches deep, six tennis balls and a measuring tape are needed.

Description: Parallel lines are drawn four feet, eight feet and twelve feet (~~four feet~~, six feet and eight feet for children ages 7 through 9) from the waste paper basket. The performer has a practice throw at the four foot distance and then five throws that count. This procedure is followed at the eight foot and twelve foot lines. The number of balls thrown in the basket from each of the distances is recorded as the student's score. A towel should be placed in the basket to prevent balls from bouncing out.

If the contestant steps over the line in throwing the ball the throw shall not count. However, he should have another trial. An underhand throw is suggested. A ball which bounces off a backboard into the basket shall not count. A ball which goes into the basket and then bounces out should be counted.

Item VII - Grip Strength

Equipment needed: A grip dynamometer and a towel are needed.

Description: The edge of the dynamometer which is curved upward is placed against the fingers and the more rounded edge against the base of the hand. The curved edge of the dynamometer is placed between the first and second joints of the fingers. The indicator is face upward on the palm of the hand. The contestant may assume any position he wishes with the arm or body, so long as the hand or fingers are not permitted to rest against the body or any other object. The score is recorded on the indicator and estimated to the nearest pound.

The grip strength of the right hand and the left hand are each taken and recorded. It is necessary for the person giving the test to reset the hands of the indicator after each trial. This is done by taking one's fingers and gently forcing the hands of the indicator back to zero.

**GROSS MOTOR SKILLS OF CHILDREN
AGES TEN THROUGH FIFTEEN**

SCHOOL _____		NAME _____		AGE (years and months)	HEIGHT (nearest inch)	WEIGHT (nearest pound)	SOFTBALL THROW (nearest foot)	SOCCER BALL PUNT (nearest foot)	40 YARD RUN (seconds and tenths)	STANDING BROAD JUMP (nearest inch)	SIDE STEPPING (score in 15 seconds)	TENNIS BALL THROW FOR ACCURACY				GRIP STRENGTH (nearest pound)		BALANCE
Ex.	John Smith	12-6	60	120	130	120	10.2	72	20	1	1	1	SCORE	20	30			
1.																		
2.																		
3.																		
4.																		
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MOTOR ACHIEVEMENT "T" SCALES

A scale with a standard deviation of ten was used in these tables with -5 standard deviations having a scale value of 0 and +5 standard deviations having a scale value of 100. The mean score has a value of 50. The tables were derived from the actual data. In view of the varying sample sizes achievement scores beyond 3 standard deviations should be accepted with caution.

Table 1
T-Scores for
BALL THROW FOR DISTANCE*
Boys--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	132	176	182	152	122	95	255	275	161	
T-Score	Distance in Feet									T-Score
100	145	171	184	179	205	229	278	295	332	100
99	144	169	182	178	203	227	275	293	329	99
98	142	167	181	176	201	225	272	290	326	98
97	140	165	179	174	199	223	269	287	322	97
96	138	163	177	172	197	220	266	284	319	96
95	137	161	175	170	195	218	263	281	315	95
94	135	159	173	169	193	216	260	278	312	94
93	133	157	171	167	191	214	257	275	308	93
92	132	155	169	165	188	211	254	272	305	92
91	130	153	167	163	186	209	251	269	302	91
90	128	152	165	161	184	207	248	266	298	90
89	126	150	163	160	182	205	245	264	295	89
88	125	148	161	158	180	202	242	261	291	88
87	123	146	159	156	178	200	240	258	288	87
86	121	144	157	154	176	198	237	255	284	86
85	120	142	155	152	174	196	234	252	281	85
84	118	140	153	151	171	193	231	249	278	84
83	116	138	151	149	169	191	228	246	274	83
82	114	136	149	147	167	189	225	243	271	82
81	113	134	148	145	165	187	222	240	267	81
80	111	133	146	144	163	184	219	238	264	80
79	109	131	144	142	161	182	216	235	260	79
78	108	129	142	140	159	180	213	232	257	78
77	106	127	140	138	157	178	210	229	254	77
76	104	125	138	136	154	175	207	226	250	76
75	102	123	136	135	152	173	204	223	247	75
74	101	121	134	133	150	171	202	220	243	74
73	99	119	132	131	148	169	199	217	240	73
72	97	117	130	129	146	166	196	214	236	72
71	96	115	128	127	144	164	193	211	233	71
70	94	114	126	126	142	162	190	209	230	70
69	92	112	124	124	140	160	187	206	226	69
68	90	110	122	122	138	157	184	203	223	68
67	89	108	120	120	135	155	181	200	219	67
66	87	106	118	119	133	153	178	197	216	66
65	85	104	117	117	131	151	175	194	212	65
64	84	102	115	115	129	148	172	191	209	64
63	82	100	113	113	127	146	169	188	206	63
62	80	98	111	111	125	144	166	185	202	62
61	78	96	109	110	123	142	164	182	199	61
60	77	95	107	108	121	139	161	180	195	60
59	75	93	105	106	118	137	158	177	192	59
58	73	91	103	104	116	135	155	174	189	58
57	72	89	101	102	114	133	152	171	185	57
56	70	87	99	101	112	130	149	168	182	56
55	68	85	97	99	110	128	146	165	178	55
54	66	83	95	97	108	126	143	162	175	54
53	65	81	93	95	106	124	140	159	171	53
52	63	79	91	94	104	121	137	156	168	52
51	61	77	89	92	101	119	134	154	165	51

*For ages 7 through 9 - tennis ball; for ages 10 through 15 - softball.

Table 1
T-Scores for
BALL THROW FOR DISTANCE (continued)
Boys--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	132	176	182	152	122	95	255	275	161	
T-Score	Distance in Feet									T-Score
50	60	76	87	90	99	117	131	151	161	50
49	58	74	85	88	97	115	128	148	158	49
48	56	72	84	86	95	112	126	145	154	48
47	54	70	82	85	93	110	123	142	151	47
46	53	68	80	83	91	108	120	139	147	46
45	51	66	78	81	89	106	117	136	144	45
44	49	64	76	79	87	103	114	133	141	44
43	48	62	74	77	85	101	111	130	137	43
42	46	60	72	76	82	99	108	127	134	42
41	44	58	70	74	80	97	105	125	130	41
40	42	57	68	72	78	94	102	122	127	40
39	41	55	66	70	76	92	99	119	123	39
38	39	53	64	69	74	90	96	116	120	38
37	37	51	62	67	72	88	93	113	117	37
36	36	49	60	65	70	85	90	110	113	36
35	34	47	58	63	68	83	88	107	110	35
34	32	45	56	61	65	81	85	104	106	34
33	30	43	54	60	63	79	82	101	103	33
32	29	41	52	58	61	76	79	99	99	32
31	27	39	51	56	59	74	76	96	96	31
30	25	38	49	54	57	72	73	93	93	30
29	24	36	47	52	55	70	70	90	89	29
28	22	34	45	51	53	67	67	87	86	28
27	20	32	43	49	51	65	64	84	82	27
26	18	30	41	47	48	63	61	81	79	26
25	17	28	39	45	46	61	58	78	76	25
24	15	26	37	43	44	58	55	75	72	24
23	13	24	35	42	42	56	52	72	68	23
22	12	22	33	40	40	54	49	70	65	22
21	10	20	31	38	38	52	47	67	62	21
20	8	19	29	36	36	49	44	64	58	20
19	6	17	27	35	34	47	41	61	55	19
18	5	15	25	33	31	45	38	58	52	18
17	3	13	23	31	29	43	35	55	48	17
16	1	11	21	29	27	40	32	52	45	16
15		9	20	27	25	38	29	49	41	15
14		7	18	26	23	36	26	46	38	14
13		5	16	24	21	34	23	43	34	13
12		3	14	22	19	32	20	41	31	12
11		1	12	20	17	29	17	38	28	11
10			10	18	15	27	14	35	24	10
9				17	12	25	11	32	21	9
8				15	10	23	9	29	17	8
7				13		20	6	26	14	7
6				11		18	3	23	10	6
5				10		16		20	7	5
4						14		17	4	4
3						11		15		3
2						9		12		2
1						7		9		1

Table 2
T-Scores for
PUNT FOR DISTANCE*
Boys--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	132	178	189	153	122	95	252	259	131	
T-Score	Distance in Feet									T-Score
100	89	119	128	128	145	159	170	177	191	100
99	87	117	127	127	143	157	169	175	189	99
98	86	115	125	125	141	155	167	173	187	98
97	85	114	123	124	140	153	165	171	185	97
96	84	112	122	122	138	152	163	169	182	96
95	83	111	120	121	136	150	161	167	180	95
94	81	109	119	119	135	148	159	165	178	94
93	80	108	117	117	133	146	157	163	176	93
92	79	106	115	116	131	145	155	161	174	92
91	78	104	114	114	130	143	153	159	172	91
90	76	103	112	113	128	141	151	158	170	90
89	75	101	111	111	126	139	149	156	168	89
88	74	100	109	110	125	138	147	154	166	88
87	73	98	107	108	123	136	145	152	164	87
86	72	97	106	107	121	134	143	150	162	86
85	70	95	104	105	120	132	142	148	159	85
84	69	93	103	104	118	131	140	146	157	84
83	68	92	101	102	116	129	138	144	155	83
82	67	90	99	100	115	127	136	142	153	82
81	66	89	98	99	113	125	134	140	151	81
80	64	87	96	97	111	123	132	139	149	80
79	63	86	94	96	110	122	130	137	147	79
78	62	84	93	94	108	120	128	135	145	78
77	61	82	91	93	106	118	126	133	143	77
76	59	81	90	91	105	116	124	131	141	76
75	58	79	88	90	103	115	122	129	139	75
74	57	78	86	88	101	113	120	127	136	74
73	56	76	85	86	100	111	118	125	134	73
72	55	75	83	85	98	109	116	123	132	72
71	53	73	82	83	96	108	115	121	130	71
70	52	71	80	82	95	106	113	119	128	70
69	51	70	78	80	93	104	111	118	126	69
68	50	68	77	79	91	102	109	116	124	68
67	49	67	75	77	90	100	107	114	122	67
66	47	65	74	76	88	99	105	112	120	66
65	46	64	72	74	87	97	103	110	118	65
64	45	62	70	73	85	95	101	108	116	64
63	44	60	69	71	83	93	99	106	113	63
62	42	59	67	69	82	92	97	104	111	62
61	41	57	65	68	80	90	95	102	109	61
60	40	56	64	66	78	88	93	100	107	60
59	39	54	62	65	77	86	91	99	105	59
58	38	53	61	63	75	85	89	97	103	58
57	36	51	59	62	73	83	88	95	101	57
56	35	49	57	60	72	81	86	93	99	56
55	34	48	56	59	70	79	84	91	97	55
54	33	46	54	57	68	78	82	89	95	54
53	31	45	53	56	67	76	80	87	93	53
52	30	43	51	54	65	74	78	85	90	52
51	29	42	49	52	63	72	76	83	88	51

*For ages 7 through 9 - volley ball; for ages 10 through 15 - soccer ball.

Table 3
T-Scores for
FORTY YARD DASH
Boys--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	130	182	192	141	102	90	260	278	164	
T-Score	Time in Seconds									T-Score
100	4.7	4.4	4.4			3.1	2.3	3.1	3.3	100
99	4.8	4.5	4.5	4.3	4.0	3.2	2.4			99
98	4.9					3.3	2.5	3.2	3.4	98
97		4.6	4.6	4.4	4.1		2.6	3.3		97
96	5.0	4.7	4.7			3.4	2.7		3.5	96
95	5.1			4.5	4.2	3.5	2.8	3.4		95
94		4.8	4.8	4.6	4.3	3.6			3.6	94
93	5.2	4.9	4.9			3.7	2.9	3.5		93
92	5.3			4.7	4.4		3.0	3.6	3.7	92
91	5.4	5.0	5.0			3.8	3.1		3.8	91
90		5.1		4.8	4.5	3.9	3.2	3.7		90
89	5.5	5.2	5.1		4.6	4.0	3.3	3.8	3.9	89
88	5.6		5.2	4.9						88
87		5.3		5.0	4.7	4.1	3.4	3.9	4.0	87
86	5.7	5.4	5.3			4.2	3.5			86
85	5.8		5.4	5.1	4.8	4.3	3.6	4.0	4.1	85
84		5.5			4.9		3.7			84
83	5.9	5.6	5.5	5.2		4.4	3.8	4.1	4.2	83
82	6.0		5.6		5.0	4.5		4.2		82
81		5.7		5.3	5.1	4.6	3.9		4.3	81
80	6.1	5.8	5.7	5.4		4.7	4.0	4.3		80
79	6.2	5.9	5.8		5.2		4.1	4.4	4.4	79
78	6.3			5.5		4.8	4.2			78
77		6.0	5.9		5.3	4.9	4.3	4.5	4.5	77
76	6.4	6.1		5.6	5.4	5.0				76
75	6.5		6.0				4.4	4.6	4.6	75
74		6.2	6.1	5.7	5.5	5.1	4.5	4.7		74
73	6.6	6.3		5.8		5.2	4.6		4.7	73
72	6.7		6.2		5.6	5.3	4.7	4.8		72
71		6.4	6.3	5.9	5.7	5.4	4.8		4.8	71
70	6.8	6.5						4.9	4.9	70
69	6.9		6.4	6.0	5.8	5.5	4.9	5.0		69
68	7.0	6.6	6.5			5.6	5.0		5.0	68
67		6.7		6.1	5.9	5.7	5.1	5.1		67
66	7.1	6.8	6.6	6.2	6.0		5.2		5.1	66
65	7.2		6.7			5.8	5.3	5.2		65
64		6.9		6.3	6.1	5.9		5.3	5.2	64
63	7.3	7.0	6.8			6.0	5.4			63
62	7.4		6.9	6.4	6.2	6.1	5.5	5.4	5.3	62
61		7.1			6.3		5.6			61
60	7.5	7.2	7.0	6.5		6.2	5.7	5.5	5.4	60
59	7.6			6.6	6.4	6.3	5.8	5.6		59
58		7.3	7.1			6.4			5.5	58
57	7.7	7.4	7.2	6.7	6.5		5.9	5.7		57
56	7.8				6.6	6.5	6.0	5.8	5.6	56
55	7.9	7.5	7.3	6.8		6.6	6.1			55
54		7.6	7.4		6.7	6.7	6.2	5.9	5.7	54
53	8.0	7.7		6.9	6.8		6.3	6.0		53
52	8.1		7.5	7.0		6.8			5.8	52
51		7.8	7.6		6.9	6.9	6.4	6.1	5.9	51

Table 3
T-Scores for
FORTY YARD DASH (continued)
Boys--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	130	182	192	141	102	90	260	278	164	
T-Score	Time in Seconds									T-Score
50	8.2	7.9		7.1		7.0	6.5			50
49	8.3		7.7		7.0	7.1	6.6	6.2	6.0	49
48		8.0	7.8	7.2	7.1		6.7			48
47	8.4	8.1				7.2	6.8	6.3	6.1	47
46	8.5		7.9	7.3	7.2	7.3		6.4		46
45		8.2	8.0	7.4		7.4	6.9		6.2	45
44	8.6	8.3			7.3		7.0	6.5		44
43	8.7	8.4	8.1	7.5	7.4	7.5	7.1		6.3	43
42	8.8		8.2			7.6	7.2	6.6		42
41		8.5		7.6	7.5	7.7	7.3	6.7	6.4	41
40	8.9	8.6	8.3							40
39	9.0		8.4	7.7	7.6	7.8	7.4	6.8	6.5	39
38	9.1	8.7			7.7	7.9	7.5	6.9		38
37	9.2	8.8	8.5	7.8		8.0	7.6		6.6	37
36				7.9	7.8	8.1	7.7	7.0		36
35	9.3	8.9	8.6				7.8	7.1	6.7	35
34	9.4	9.0	8.7	8.0	7.9	8.2				34
33	9.5				8.0	8.3	7.9	7.2	6.8	33
32		9.1	8.8	8.1		8.4	8.0	7.3		32
31	9.6	9.2	8.9		8.1		8.1		6.9	31
30	9.7	9.3		8.2	8.2	8.5	8.2	7.4	7.0	30
29			9.0	8.3		8.6	8.3	7.5		29
28	9.8	9.4	9.1		8.3	8.7			7.1	28
27	9.9	9.5		8.4		8.8	8.4	7.6		27
26			9.2		8.4		8.5		7.2	26
25	10.0	9.6	9.3	8.5	8.5	8.9	8.6	7.7		25
24	10.1	9.7				9.0	8.7	7.8	7.3	24
23	10.2		9.4	8.6	8.6	9.1	8.8			23
22		9.8	9.5	8.7				7.9	7.4	22
21	10.3	9.9			8.7	9.2	8.9	8.0		21
20	10.4		9.6	8.8	8.8	9.3	9.0		7.5	20
19		10.0				9.4	9.1	8.1		19
18	10.5	10.1	9.7	8.9	8.9		9.2		7.6	18
17	10.6	10.2	9.8			9.5	9.3	8.2		17
16				9.0	9.0	9.6		8.3		16
15	10.7	10.3	9.9		9.1	9.7	9.4		7.7	15
14	10.8	10.4	10.0	9.1		9.8	9.5	8.4		14
13				9.2	9.2		9.6		7.8	13
12	10.9	10.5	10.1			9.9	9.7	8.5		12
11	11.0	10.6	10.2	9.3	9.3	10.0	9.8	8.6	7.9	11
10	11.1				9.4	10.1				10
9		10.7	10.3	9.4			9.9	8.7	8.0	9
8	11.2	10.8	10.4		9.5	10.2	10.0			8
7	11.3			9.5		10.3	10.1	8.8	8.1	7
6		10.9	10.5	9.6	9.6	10.4	10.2	8.9	8.2	6
5	11.4	11.0	10.6		9.7	10.5	10.3			5
4	11.5	11.1		9.7				9.0	8.3	4
3			10.7		9.8	10.6	10.4			3
2	11.6	11.2		9.8	9.9	10.7	10.5	9.1	8.4	2
1	11.7	11.3	10.8	9.9					8.5	1

Table 4
T-Scores for
STANDING BROAD JUMP
Boys--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	129	178	181	153	122	104	263	281	166	
T-Score	Distance in Inches									T-Score
100	85		92	92	97	109	117	123	130	100
99	84	87	91	91	96	108	116	122	129	99
98		86	90			107	115	121	128	98
97	83	85		90	95	106	114	120	127	97
96	82		89	89	94	105	113	119	126	96
95	81	84	88		93		112	118	125	95
94		83	87	88		104	111	117	124	94
93	80	82	86	87	92	103	110	116	123	93
92	79			86	91	102	109	115	122	92
91	78	81	85			101	108	114	121	91
90		80	84	85	90	100	107	113	120	90
89	77		83	84	89	99	106	112	119	89
88	76	79			88	98	105		118	88
87	75	78	82	83		97	104	111	117	87
86		77	81	82	87	96	103	110	115	86
85	74		80		86	95	102	109	114	85
84	73	76		81	85	94	101	108	113	84
83	72	75	79	80		93	100	107	112	83
82		74	78	79	84		99	106	111	82
81	71		77		83	92	98	105	110	81
80	70	73	76	78	82	91	97	104	109	80
79	69	72		77		90	96	103	108	79
78	68	71	75		81	89	95	102	107	78
77			74	76	80	88	94	101	106	77
76	67	70	73	75		87		100	105	76
75	66	69		74	79	86	93	99	104	75
74	65		72		78	85	92	98	103	74
73		68	71	73	77	84	91	97	102	73
72	64	67	70	72		83	90	96	101	72
71	63	66			76	82	89	95	99	71
70	62		69	71	75	81	88	94	98	70
69		65	68	70	74		87	93	97	69
68	61	64	67	69		80	86	92	96	68
67	60	63	66		73	79	85	91	95	67
66	59			68	72	78	84	90	94	66
65		62	65	67	71	77	83	89	93	65
64	58	61	64		76	82	88	92	96	64
63	57		63	66	70	75	81	87	91	63
62	56	60		65	69	74	80	86	90	62
61	55	59	62	64		73	79	85	89	61
60		58	61		68	72	78	84	88	60
59	54		60	63	67	71	77	83	87	59
58	53	57	59	62	66	70	76	82	86	58
57	52	56				69	75	81	85	57
56		55	58	61	65		74	80	84	56
55	51		57	60	64	68	73	79	82	55
54	50	54	56	59	63	67	72	78	81	54
53	49	53			66	71	77	80	83	53
52		52	55	58	62	65	70	76	79	52
51	48		54	57	61	64	69	75	78	51

Table 4
T-Scores for
STANDING BROAD JUMP (continued)
Boys--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	129	178	181	153	122	104	263	281	166	
T-Score	Distance in Inches									T-Score
50	47	51	53		60	63	68	74	77	50
49	46	50		56		62	67	73	76	49
48	45		52	55	59	61	66	72	75	48
47		49	51	54	58	60	65	71	74	47
46	44	48	50		57	59	64	70	73	46
45	43	47	49	53		58	63	69	72	45
44	42			52	56	57	62		71	44
43		46	48		55		61	68	70	43
42	41	45	47	51	54	56	60	67	69	42
41	40	44	46	50		55	59	66	68	41
40	39				53	54	58	65	66	40
39		43	45	49	52	53	57	64	65	39
38	38	42	44	48		52	56	63	64	38
37	37	41	43	47	51	51	55	62	63	37
36	36				50	50	54	61	62	36
35		40	42	46	49	49	53	60	61	35
34	35	39	41	45		48	52	59	60	34
33	34		40		48	47	51	58	59	33
32	33	38		44	47	46	50	57	58	32
31		37	39	43	46	45	49	56	57	31
30	32	36	38	42			48	55	56	30
29	31		37		45	44	47	54	55	29
28	30	35	36	41	44	43	46	53	54	28
27	29	34		40	43		42	45	52	27
26		33	35			41	44	51	52	26
25	28		34	39	42	40	43	50	50	25
24	27	32	33	38	41	39	42	49	49	24
23	26	31		37	40	38	41	48	48	23
22			32			37	40	47	47	22
21	25	30	31	36	39	36	39	46	46	21
20	24	29	30	35	38	35	38	45	45	20
19	23	28	29			34	37	44	44	19
18				34	37		36	43	43	18
17	22	27	28	33	36	33	35	42	42	17
16	21	26	27		35	32	34	41	41	16
15	20	25	26	32		31	33	40	40	15
14				31	34	30		39	39	14
13	19	24	25	30	33	29	32	38	38	13
12	18	23	24		32	28	31	37	37	12
11	17	22	23	29		27	30	36	36	11
10	16			28	31	26	29	35	34	10
9		21	22	27	30	25	28	34	33	9
8	15	20	21		29	24	27	33	32	8
7	14	19	20	26		23	26	32	31	7
6	13			25	28	22	25	31	30	6
5		18	19		27	21	24	30	29	5
4	12	17	18	24	26		23	29	28	4
3	11		17	23		20	22	28	27	3
2	10	16	16	22	25	19	21	27	26	2
1		15	15		24	18	20	26	25	1

Table 5
T-Scores for
SIDE STEPPING
Boys--Ages 7-15

	Age	7	8	9	10	11	12	13	14	15	
No. of Cases		129	181	187	153	127	104	261	278	166	
T-Score		Number of Times Crossing Center Line									T-Score
100				18			20	22	23		100
99						21					99
98	14									23	98
97					20						97
96			16						22		96
95							19	21			95
94				17		20				22	94
93											93
92					19						92
91	13							20	21		91
90			15				18			21	90
89						19					89
88				16	18						88
87								19	20		87
86											86
85							17			20	85
84	12					18					84
83			14	15	17						83
82								18	19		82
81										19	81
80						17	16				80
79					16						79
78								17	18		78
77			13	14						18	77
76	11										76
75					15	16	15				75
74									17		74
73								16			73
72										17	72
71				13							71
70			12		14	15					70
69							14		16		69
68	10							15		16	68
67					13						67
66				12		14			15		66
65											65
64			11				13	14		15	64
63											63
62					12	13					62
61	9										61
60				11					14		60
59							12	13		14	59
58											58
57			10		11						57
56						12			13		56
55								12		13	55
54				10			11				54
53	8										53
52					10				12		52
51			9			11		11		12	51

Table 5
T-Scores for
SIDE STEPPING (continued)
Boys--Ages 7-15

	Age	7	8	9	10	11	12	13	14	15	
No. of Cases		129	181	187	153	127	104	261	278	166	
T-Score	Number of Times Corssing Center Line										T-Score
50											50
49							10				49
48				9	9						48
47						10			11		47
46		7						10		11	46
45											45
44			8				9				44
43				8	8	9			10		43
42								9		10	42
41											41
40											40
39					7		8				39
38		6		7		8		8	9	9	38
37			7								37
36											36
35					6						35
34							7		8		34
33						7		7		8	33
32				6							32
31		5	6								31
30					5						30
29							6	6	7	7	29
28						6					28
27											27
26				5	4						26
25									6	6	25
24		4	5			5	5	5			24
23											23
22											22
21				4	3				5		21
20								4		5	20
19						4	4				19
18			4								18
17					2						17
16		3						3	4	4	16
15				3							15
14						3	3				14
13											13
12					1				3	3	12
11			3					2			11
10											10
9		2		2			2				9
8						2					8
7								1	2	2	7
6											6
5			2								5
4				1		1	1				4
3									1	1	3
2											2
1		1	1								1

Table 6
T-Scores for
TENNIS BALL ACCURACY THROW*
Boys--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	129	178	190	153	122	103	259	272	160	
T-Score	Total Number of Successful Tosses									T-Score
100										100
99										99
98										98
97										97
96										96
95										95
94										94
93										93
92										92
91										91
90										90
89										89
88										88
87										87
86										86
85										85
84						30				84
83	30									83
82						29				82
81	29									81
80					30	28	30			80
79	28	30		30						79
78							29			78
77	27	29		29	29	27				77
76			30				28	30		76
75	26	28		28	28	26			30	75
74			29				27	29		74
73		27		27	27	25			29	73
72	25		28				26	28		72
71		26		26	26				28	71
70	24		27			24	25	27		70
69		25		25	25				27	69
68	23		26			23	24	26		68
67		24	25	24	24				26	67
66	22					22				66
65		23	24		23		23	25	25	65
64	21			23						64
63		22	23		22	21	22	24	24	63
62	20			22						62
61		21	22		21	20	21	23	23	61
60	19			21						60
59		20	21		20	19	20	22	22	59
58	18			20						58
57		19	20		19		19	21	21	57
56	17			19		18				56
55		18	19		18		18	20	20	55
54	16			18		17				54
53		17	18		17		17			53
52	15			17		16		19	19	52
51		16	17		16		16			51

*For ages 7 through 9 - distances 4 ft., 6 ft., 8 ft., for ages
10 through 15 - distances 4 ft., 8 ft., 12 ft.

Table 7
T-Scores for
GRIP STRENGTH--RIGHT HAND
Boys--Ages 7-15

	Age	7	8	9	10	11	12	13	14	15	
No. of Cases		142	119	115	102	120	140	273	225	107	
T-Score		Number of Pounds									T-Score
100		67	71	76	91	107	135	158	199	201	100
99		66	70	75	90	106	134	156	197	199	99
98			69	74		105	132	154	195	197	98
97		65	68		89	103	131	153	193	195	97
96		64		73	88	102	129	151	190	193	96
95		63	67	72	87	101	128	149	188	191	95
94		62	66	71	86	100	127	148	186	189	94
93			65		85	99	125	146	184	187	93
92		61	64	70	84	98	124	144	182	185	92
91		60		69	83	97	122	143	179	183	91
90											
89		59	63	68	82	96	121	141	177	181	90
88		58	62		81	95	119	140	175	179	89
87			61	67	80	93	118	138	173	177	88
86		57	60	66	79	92	116	136	170	175	87
85		56		65	78	91	115	134	168	173	86
84		55	59		77	90	113	133	166	171	85
83		54	58	64	76	89	112	131	164	169	84
82			57	63	75	88	111	129	162	167	83
81		53		62	74	87	109	128	159	165	82
		52	56			86	108	126	157	163	81
80											
79		51	55	61	73	85	106	124	155	161	80
78			54	60	72	83	105	123	153	159	79
77		50	53	59	71	82	103	121	151	157	78
76		49			70	81	102	119	148	155	77
75		48	52	58	69	80	100	118	146	153	76
74		47	51	57	68	79	99	116	144	151	75
73			50	56	67	78	97	114	142	149	74
72		46			66	77	96	113	140	147	73
71		45	49	55	65	76	94	111	137	145	72
		44	48	54	64	74	93	109	135	143	71
70											
69		43	47	53	63	73	92	108	133	141	70
68			46		62	72	90	106	131	139	69
67		42		52	61	71	89	104	129	137	68
66		41	45	51	60	70	87	103	126	135	67
65		40	44	50	59	69	86	101	124	133	66
64		39	43	49	58	68	84	99	122	131	65
63			42		57	67	83	98	120	129	64
62		38		48		66	81	96	117	127	63
61		37	41	47	56	64	80	94	115	125	62
		36	40	46	55	63	78	93	113	123	61
60											
59			39		54	62	77	91	111	121	60
58		35		45	53	61	76	89	109	119	59
57		34	38	44	52	60	74	88	106	117	58
56		33	37	43	51	59	73	86	104	115	57
55		32	36		50	58	71	84	102	113	56
54			35	42	49	57	70	83	100	111	55
53		31		41	48	55	68	81	98	109	54
52		30	34	40	47	54	67	79	95	107	53
51		29	33		46	53	65	78	93	105	52
		28	32	39	45	52	64	76	91	103	51

Table 7
T-Scores for
GRIP STRENGTH--RIGHT HAND (continued)
Boys--Ages 7-15

	Age	7	8	9	10	11	12	13	14	15	
No. of Cases		142	119	115	102	120	140	273	225	107	
T-Score		Number of Pounds									T-Score
50			31	38	44	51	62	74	89	101	50
49	27			37	43	50	61	73	87	99	49
48	26		30		42	49	60	71	84	97	48
47	25		29	36	41	48	58	69	82	95	47
46	24		28	35		47	57	68	80	93	46
45				34	40	45	55	66	78	91	45
44	23		27		39	44	54	64	75	89	44
43	22		26	33	38	43	52	62	73	87	43
42	21		25	32	37	42	51	61	71	85	42
41	20		24	31	36	41	49	59	69	83	41
40					35	40	48	57	67	81	40
39	19		23	30	34	39	46	56	64	79	39
38	18		22	29	33	38	45	54	62	77	38
37	17		21	28	32	37	43	52	60	75	37
36			20		31	35	42	51	58	73	36
35	16			27	30	34	41	49	56	71	35
34	15		19	26	29	33	39	47	53	69	34
33	14		18	25	28	32	38	46	51	67	33
32	13		17		27	31	36	44	49	65	32
31				24	26	30	35	42	47	63	31
30	12		16	23	25	29	33	41	45	61	30
29	11		15	22	24	28	32	39	42	59	29
28	10		14			26	30	37	40	57	28
27	9		13	21	23	25	29	36	38	55	27
26				20	22	24	27	34	36	53	26
25	8		12	19	21	23	26	32	33	52	25
24	7		11		20	22	25	31	31	50	24
23	6		10	18	19	21	23	29	29	48	23
22	5		9	17	18	20	22	27	27	46	22
21				16	17	19	20	26	25	44	21
20	4		8	15	16	18	19	24	22	42	20
19	3		7		15	16	17	22	20	40	19
18	2		6	14	14	15	16	21	18	38	18
17	1			13	13	14	14	19	16	36	17
16			5	12	12	13	13	17	14	34	16
15			4		11	12	11	16	11	32	15
14			3	11	10	11	10	14	9	30	14
13			2	10	9	10	9	12	7	28	13
12				9	8	9	7	11	5	26	12
11			1			7	6	9	3	24	11
10				8	7	6	4	7	1	22	10
9				7	6	5	3	6		20	9
8				6	5	4	1	4		18	8
7					4	3		2		16	7
6				5	3	2		1		14	6
5				4	2	1				12	5
4				3	1					10	4
3										8	3
2				2						6	2
1				1						4	1

Table 8
T-Scores for
GRIP STRENGTH--LEFT HAND
Boys--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	142	119	115	102	120	140	273	225	107	
T-Score	Number of Pounds									T-Score
100	64	71		86	104	128	146	181	184	100
99	63	70	75	85	103	126	144	179	182	99
98		69	74	84	102	125	142	177	180	98
97	62		73	83	101	124	141	175	178	97
96	61	68			100	122	139	173	176	96
95	60	67	72	82	99	121	138	171	175	95
94		66	71	81	98	119	136	169	173	94
93	59		70	80	97	118	135	167	171	93
92	58	65		79	96	117	133	165	169	92
91		64	69	78	95	115	131	163	167	91
90	57	63	68	77	94	114	130	161	165	90
89	56	62	67	76	92	113	128	159	164	89
88	55		66		91	111	127	157	162	88
87		61		75	90	110	125	155	160	87
86	54	60	65	74	89	108	124	153	158	86
85	53	59	64	73	88	107	122	151	156	85
84	52	58	63	72	87	106	120	149	154	84
83				71	86	104	119	147	153	83
82	51	57	62	70	85	103	117	145	151	82
81	50	56	61		84	101	116	143	149	81
80		55	60	69	83	100	114	141	147	80
79	49	54		68	82	99	113	139	145	79
78	48		59	67	80	97	111	137	143	78
77	47	53	58	66	79	96	109	135	141	77
76		52	57	65	78	95	108	133	140	76
75	46	51		64	77	93	106	131	138	75
74	45	50	56	63	76	92	105	129	136	74
73	44		55		75	90	103	127	134	73
72		49	54	62	74	89	102	125	132	72
71	43	48		61	73	88	100	123	130	71
70	42	47	53	60	72	86	98	121	129	70
69			52	59	71	85	97	119	127	69
68	41	46	51	58	70	83	95	117	125	68
67	40	45		57	68	82	94	115	123	67
66	39	44	50		67	81	92	113	121	66
65		43	49	56	66	79	91	111	119	65
64	38		48	55	65	78	89	109	118	64
63	37	42		54	64	77	88	107	116	63
62	36	41	47	53	63	75	86	105	114	62
61		40	46	52	62	74	84	103	112	61
60	35	39	45	51	61	72	83	101	110	60
59	34			50	60	71	81	99	108	59
58		38	44		59	70	80	97	107	58
57	33	37	43	49	58	68	78	95	105	57
56	32	36	42	48	56	67	77	93	103	56
55	31	35		47	55	66	75	91	101	55
54			41	46	54	64	73	89	99	54
53	30	34	40	45	53	63	72	87	97	53
52	29	33	39	44	52	61	70	85	95	52
51		32			51	60	69	83	94	51

Table 8
T-Scores for
GRIP STRENGTH--LEFT HAND (continued)
Boys--Ages 7-15

	Age	7	8	9	10	11	12	13	14	15	
No. of Cases		142	119	115	102	120	140	273	225	107	
T-Score		Number of Pounds									T-Score
50		28	31	38	43	50	59	67	81	92	50
49		27		37	42	49	57	66	78	90	49
48		26	30	36	41	48	56	64	76	88	48
47			29		40	47	54	62	74	86	47
46		25	28	35	39	46	53	61	72	84	46
45		24	27	34	38	44	52	59	70	83	45
44		23		33	37	43	50	58	68	81	44
43			26			42	49	56	66	79	43
42		22	25	32	36	41	48	55	64	77	42
41		21	24	31	35	40	46	53	62	75	41
40			23	30	34	39	45	51	60	73	40
39		20			33	38	43	50	58	72	39
38		19	22	29	32	37	42	48	56	70	38
37		18	21	28	31	36	41	47	54	68	37
36			20	27		35	39	45	52	66	36
35		17			30	34	38	44	50	64	35
34		16	19	26	29	32	37	42	48	62	34
33		15	18	25	28	31	35	41	46	61	33
32			17	24	27	30	34	39	44	59	32
31		14	16	23	26	29	32	37	42	57	31
30		13			25	28	31	36	40	55	30
29			15	22	24	27	30	34	38	53	29
28		12	14	21		26	28	33	36	51	28
27		11	13	20	23	25	27	31	34	50	27
26		10	12		22	24	25	30	32	48	26
25				19	21	23	24	28	30	46	25
24		9	11	18	20	22	23	26	28	44	24
23		8	10	17	19	19	21	25	26	42	23
22		7	9		18	18	20	23	24	40	22
21			8	16		17	19	22	22	38	21
20		6		15	17	16	17	20	20	37	20
19		5	7	14	16	15	16	19	18	35	19
18			6		15	14	14	17	16	33	18
17		4	5	13	14	13	13	15	14	31	17
16		3		12	13	12	12	14	12	29	16
15		2	4	11	12	11	10	12	10	27	15
14		1	3			10	9	11	8	26	14
13			2	10	11	9	8	9	6	24	13
12			1	9	10	7	6	8	4	22	12
11				8	9	6	5	6	2	20	11
10					8	5	3			18	10
9				7	7	4	2	3		16	9
8				6	6	3	1	1		15	8
7				5	5	2				13	7
6						1				11	6
5				4	4					9	5
4				3	3					7	4
3				2	2					5	3
2					1					4	2
1				1						2	1

Table 9
T-Scores for
BALL THROW FOR DISTANCE*
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	106	146	116	106	107	54	189	218	145	
T-Score	Distance in Feet									T-Score
100	87	87	107	108	128	161	171	185	188	100
99	86	86	106	107	127	160	169	182	186	99
98	85	85	105	106	126	158	167	180	184	98
97	84	84	104	105	124	156	164	178	182	97
96	83	83	102	103	123	154	162	176	180	96
95	82	82	101	102	121	152	160	174	178	95
94	81	81	100	101	120	150	158	172	176	94
93	80	80	99	100	118	148	156	170	173	93
92	79	79	97	99	117	146	154	168	171	92
91	78	78	96	97	116	144	152	166	169	91
90	77	77	95	96	114	142	150	164	167	90
89	75	76	94	95	113	140	148	162	165	89
88	74	75	93	94	111	138	146	160	163	88
87	73	74	91	93	110	136	144	157	161	87
86	72	73	90	92	108	134	142	155	159	86
85	71	72	89	90	107	132	140	153	156	85
84	70	71	88	89	106	130	138	151	154	84
83	69	70	86	88	104	128	136	149	152	83
82	68	69	85	87	103	126	134	147	150	82
81	67	68	84	86	101	124	132	145	148	81
80	66	67	83	84	100	122	129	143	146	80
79	65		82	83	98	120	127	141	144	79
78	64	66	80	82	97	118	125	139	141	78
77	63	65	79	81	96	116	123	137	139	77
76	62	64	78	80	94	114	121	134	137	76
75	61	63	77	79	93	112	119	132	135	75
74	59	62	75	77	91	110	117	130	133	74
73	58	61	74	76	90	108	115	128	131	73
72	57	60	73	75	89	106	113	126	129	72
71	56	59	72	74	87	104	111	124	127	71
70	55	58	70	73	86	102	109	122	124	70
69	54	57	69	71	84	100	107	120	122	69
68	53	56	68	70	83	98	105	118	120	68
67	52	55	67	69	81	96	103	116	118	67
66	51	54	66	68	80	94	101	114	116	66
65	50	53	64	67	79	92	99	112	114	65
64	49	52	63	65	77	90	97	110	112	64
63	48	51	62	64	76	88	95	107	110	63
62	47	50	61	63	74	86	92	105	107	62
61	46	49	59	62	73	84	90	103	105	61
60	44	48	58	61	71	82	88	101	103	60
59	43	47	57	60	70	81	86	99	101	59
58	42	46	56	58	69	79	84	97	99	58
57	41	45	55	57	67	77	82	95	97	57
56	40	44	53	56	66	75	80	93	95	56
55	39	43	52	55	64	73	78	91	93	55
54	38	42	51	54	63	71	76	89	90	54
53	37	41	50	52	62	69	74	87	88	53
52	36	40	48	51	60	67	72	84	86	52
51	35	39	47	50	59	65	70	82	84	51

*For ages 7 through 9 - tennis ball; for ages 10 through 15 - softball.

Table 10
T-Scores for
PUNT FOR DISTANCE*
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	102	152	123	106	108	52	187	202	123	
T-Score	Distance in Feet									T-Score
100	59	78	93	102	118	130	141	147	148	100
99	58	77	92	100	116	128	139	145	146	99
98	57	76	90	99	114	126	137	143	144	98
97	56	75	89	97	113	125	135	142	143	97
96	55	74	88	96	111	123	133	140	141	96
95		72	86	94	110	121	132	138	139	95
94	54	71	85	93	108	119	130	136	137	94
93	53	70	84	92	107	117	128	134	135	93
92	52	69	82	90	105	116	126	132	134	92
91	51	68	81	89	103	114	124	130	132	91
90	50	67	80	87	102	112	122	128	130	90
89	49	66	78	86	100	110	121	127	128	89
88	48	65	77	85	99	108	119	125	126	88
87		63	76	83	97	106	117	123	124	87
86	47	62	75	82	96	105	115	121	123	86
85	46	61	73	80	94	103	113	119	121	85
84	45	60	72	79	92	101	111	117	119	84
83	44	59	71	77	91	99	109	115	117	83
82	43	58	69	76	89	97	108	113	115	82
81	42	57	68	75	88	96	106	112	114	81
80	41	55	67	73	86	94	104	110	112	80
79		54	65	72	85	92	102	108	110	79
78	40	53	64	70	83	90	100	106	108	78
77	39	52	63	69	82	88	98	104	106	77
76	38	51	61	68	80	86	97	102	104	76
75	37	50	60	66	78	85	95	100	103	75
74	36	49	59	65	77	83	93	99	101	74
73	35	47	57	63	75	81	91	97	99	73
72	34	46	56	62	74	79	89	95	97	72
71	33	45	55	60	72	77	87	93	95	71
70		44	54	59	71	76	85	91	94	70
69	32	43	52	58	69	74	84	89	92	69
68	31	42	51	56	67	72	82	87	90	68
67	30	41	50	55	66	70	80	85	88	67
66	29	40	48	53	64	68	78	84	86	66
65	28	38	47	52	63	66	76	82	84	65
64	27	37	46	50	61	65	74	80	83	64
63	26	36	44	49	60	63	72	78	81	63
62		35	43	48	58	61	71	76	79	62
61	25	34	42	46	56	59	69	74	77	61
60	24	33	40	45	55	57	67	72	75	60
59	23	32	39	43	53	55	65	70	73	59
58	22	30	38	42	52	54	63	69	72	58
57	21	29	36	41	50	52	61	67	70	57
56	20	28	35	39	49	50	59	65	68	56
55	19	27	34	38	47	48	58	63	66	55
54	18	26	33	36	45	46	56	61	64	54
53		25	31	35	44	45	54	59	63	53
52	17	24	30	33	42	43	52	57	61	52
51	16	22	29	32	41	41	50	56	59	51

*For ages 7 through 9 - volley ball; for ages 10 through 15 - soccer ball.

Table 11
T-Scores for
FORTY YARD DASH
Girls--Ages 7-15

	Age	7	8	9	10	11	12	13	14	15	
No. of Cases		105	155	126	106	107	53	190	217	145	
T-Score		Time in Seconds									T-Score
100		4.4		4.1	3.9	3.6	2.9	3.2	3.0	2.5	100
99		4.5	4.6	4.2			3.0		3.1		99
98		4.6	4.7	4.3	4.0	3.7	3.1	3.3	3.2	2.6	98
97			4.8		4.1	3.8	3.2	3.4		2.7	97
96		4.7		4.4			3.3	3.5	3.3	2.8	96
95		4.8	4.9	4.5	4.2	3.9	3.4	3.6	3.4	2.9	95
94		4.9	5.0	4.6	4.3	4.0			3.5	3.0	94
93		5.0	5.1		4.4	4.1	3.5	3.7	3.6	3.1	93
92				4.7			3.6	3.8		3.2	92
91		5.1	5.2	4.8	4.5	4.2	3.7	3.9	3.7	3.3	91
90		5.2	5.3	4.9	4.6	4.3	3.8		3.8	3.4	90
89		5.3	5.4	5.0		4.4	3.9	4.0	3.9	3.5	89
88		5.4			4.7		4.0	4.1		3.6	88
87		5.5	5.5	5.1	4.8	4.5		4.2	4.0	3.7	87
86			5.6	5.2		4.6	4.1	4.3	4.1	3.8	86
85		5.6	5.7	5.3	4.9	4.7	4.2		4.2		85
84		5.7			5.0		4.3	4.4	4.3	3.9	84
83		5.8	5.8	5.4		4.8	4.4	4.5		4.0	83
82		5.9	5.9	5.5	5.1	4.9	4.5	4.6	4.4	4.1	82
81				5.6	5.2		4.6	4.7	4.5	4.2	81
80		6.0	6.0	5.7		5.0			4.6	4.3	80
79		6.1	6.1		5.3	5.1	4.7	4.8	4.7	4.4	79
78		6.2	6.2	5.8	5.4	5.2	4.8	4.9		4.5	78
77		6.3		5.9	5.5		4.9	5.0	4.8	4.6	77
76		6.4	6.3	6.0		5.3	5.0		4.9	4.7	76
75			6.4	6.1	5.6	5.4	5.1	5.1	5.0	4.8	75
74		6.5	6.5		5.7	5.5	5.2	5.2		4.9	74
73		6.6		6.2				5.3	5.1	5.0	73
72		6.7	6.6	6.3	5.8	5.6	5.3	5.4	5.2		72
71		6.8	6.7	6.4	5.9	5.7	5.4		5.3	5.1	71
70			6.8			5.8	5.5	5.5	5.4	5.2	70
69		6.9		6.5	6.0		5.6	5.6		5.3	69
68		7.0	6.9	6.6	6.1	5.9	5.7	5.7	5.5	5.4	68
67		7.1	7.0	6.7		6.0	5.8	5.8	5.6	5.5	67
66		7.2	7.1	6.8	6.2				5.7	5.6	66
65		7.3			6.3	6.1	5.9	5.9	5.8	5.7	65
64			7.2	6.9		6.2	6.0	6.0		5.8	64
63		7.4	7.3	7.0	6.4	6.3	6.1	6.1	5.9	5.9	63
62		7.5	7.4	7.1	6.5		6.2	6.2	6.0	6.0	62
61		7.6			6.6	6.4	6.3		6.1	6.1	61
60		7.7	7.5	7.2		6.5	6.4	6.3		6.2	60
59			7.6	7.3	6.7	6.6		6.4	6.2		59
58		7.8		7.4	6.8		6.5	6.5	6.3	6.3	58
57		7.9	7.7	7.5		6.7	6.6		6.4	6.4	57
56		8.0	7.8		6.9	6.8	6.7	6.6	6.5	6.5	56
55		8.1	7.9	7.6		6.9	6.8	6.7		6.6	55
54				7.7	7.0		6.9	6.8	6.6	6.7	54
53		8.2	8.0	7.8		7.0	7.0	6.9	6.7	6.8	53
52		8.3	8.1		7.1	7.1			6.8	6.9	52
51		8.4	8.2	7.9	7.2		7.1	7.0	6.9	7.0	51

Table 11
T-Scores for
FORTY YARD DASH (continued)
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	105	155	126	106	107	53	190	217	145	
T-Score	Time in Seconds									T-Score
50	8.5		8.0		7.2	7.2	7.1		7.1	50
49	8.6	3.3	8.1	7.3	7.3	7.3	7.2	7.0	7.2	49
48		8.4	8.2	7.4	7.4	7.4	7.3	7.1	7.3	48
47	8.7	8.5				7.5		7.2	7.4	47
46	8.8		8.3	7.5	7.5		7.4		7.5	46
45	8.9	8.6	8.4	7.6	7.6	7.6	7.5	7.3		45
44	9.0	8.7	8.5		7.7	7.7	7.6	7.4	7.6	44
43		8.8	8.6	7.7		7.8		7.5	7.7	43
42	9.1			7.8	7.8	7.9	7.7	7.6	7.8	42
41	9.2	8.9	8.7	7.9	7.9	8.0	7.8		7.9	41
40	9.3	9.0	8.8			8.1	7.9	7.7	8.0	40
39	9.4		8.9	8.0	8.0		8.0	7.8	8.1	39
38	9.5	9.1		8.1	8.1	8.2		7.9	8.2	38
37		9.2	9.0		8.2	8.3	8.1		8.3	37
36	9.6	9.3	9.1	8.2		8.4	8.2	8.0	8.4	36
35	9.7		9.2	8.3	8.3	8.5	8.3	8.1	8.5	35
34	9.8	9.4	9.3		8.4	8.6	8.4	8.2	8.6	34
33	9.9	9.5		8.4	8.5	8.7		8.3	8.7	33
32		9.6	9.4	8.5			8.5			32
31	10.0		9.5		8.6	8.8	8.6	8.4	8.8	31
30	10.1	9.7	9.6	8.6	8.7	8.9	8.7	8.5	8.9	30
29	10.2	9.8		8.7	8.8	9.0	8.8	8.6	9.0	29
28	10.3	9.9	9.7			9.1		8.7	9.1	28
27	10.4		9.8	8.8	8.9	9.2	8.9		9.2	27
26		10.0	9.9	8.9	9.0	9.3	9.0	8.8	9.3	26
25	10.5	10.1	10.0	9.0	9.1	9.4	9.1	8.9	9.4	25
24	10.6	10.2						9.0	9.5	24
23	10.7		10.1	9.1	9.2	9.5	9.2		9.6	23
22	10.8	10.3	10.2	9.2	9.3	9.6	9.3	9.1	9.7	22
21		10.4	10.3			9.7	9.4	9.2	9.8	21
20	10.9	10.5	10.4	9.3	9.4	9.8	9.5	9.3	9.9	20
19	11.0			9.4	9.5	9.9		9.4		19
18	11.1	10.6	10.5		9.6	10.0	9.6		10.0	18
17	11.2	10.7	10.6	9.5			9.7	9.5	10.1	17
16	11.3		10.7	9.6	9.7	10.1	9.8	9.6	10.2	16
15		10.8			9.8	10.2	9.9	9.7	10.3	15
14	11.4	10.9	10.8	9.7	9.9	10.3		9.8	10.4	14
13	11.5	11.0	10.9	9.8		10.4	10.0		10.5	13
12	11.6		11.0		10.0	10.5	10.1	9.9	10.6	12
11	11.7	11.1	11.1	9.9	10.1	10.6	10.2	10.0	10.7	11
10		11.2		10.0	10.2			10.1	10.8	10
9	11.8	11.3	11.2			10.7	10.3		10.9	9
8	11.9		11.3	10.1	10.3	10.8	10.4	10.2	11.0	8
7	12.0	11.4	11.4	10.2	10.4	10.9	10.5	10.3	11.1	7
6	12.1	11.5		10.3		11.0	10.6	10.4	11.2	6
5		11.6	11.5		10.5	11.1		10.5		5
4	12.2		11.6	10.4	10.6	11.2	10.7		11.3	4
3	12.3	11.7	11.7	10.5	10.7		10.8	10.6	11.4	3
2	12.4	11.8	11.8			11.3	10.9	10.7	11.5	2
1	12.5	11.9	11.9	10.6	10.8	11.4	11.0	10.8	11.6	1

Table 12
T-Scores for
STANDING BROAD JUMP
Girls--Ages 7-15

	Age	7	8	9	10	11	12	13	14	15	
No. of Cases		107	148	115	106	109	53	190	218	144	
T-Score		Distance in Inches									T-Score
100	77	81	87	95		100	104	107	100		100
99	76	80	86	94	96	99	103	106			99
98	75		85	93	95	98	102	105	99		98
97		79		92	94	97	101		98		97
96	74	78	84	91	93	96	100	104	97		96
95	73	77	83				99	103			95
94			82	90	92	95		102	96		94
93	72	76	81	89	91	94	98	101	95		93
92	71	75		88	90	93	97	100	94		92
91			80	87	89	92	96	99	93		91
90	70	74	79	86	88	91	95	98			90
89	69	73	78	85		90	94	97	92		89
88	68			84	87	89	93	96	91		88
87		72	77		86			95	90		87
86	67	71	76	83	85	88	92	94			86
85	66	70	75	82	84	87	91		89		85
84			74	81		86	90	93	88		84
83	65	69		80	83	85	89	92	87		83
82	64	68	73	79	82	84	88	91			82
81			72	78	81	83	87	90	86		81
80	63	67	71	77	80	82		89	85		80
79	62	66					86	88	84		79
78	61		70	76	79	81	85	87	83		78
77		65	69	75	78	80	84	86			77
76	60	64	68	74	77	79	83	85	82		76
75	59	63	67	73	76	78	82	84	81		75
74				72		77	81	83	80		74
73	58	62	66	71	75	76	80				73
72	57	61	65		74	75		82	79		72
71			64	70	73		79	81	78		71
70	56	60		69	72	74	78	80	77		70
69	55	59	63	68	71	73	77	79			69
68			62	67		72	76	78	76		68
67	54	58	61	66	70	71	75	77	75		67
66	53	57	60	65	69	70	74	76	74		66
65	52	56		64	68	69		75	73		65
64			59		67	68	73	74			64
63	51	55	58	63			72	73	72		63
62	50	54	57	62	66	67	71		71		62
61				61	65	66	70	72	70		61
60	49	53	56	60	64	65	69	71			60
59	48	52	55	59	63	64	68	70	69		59
58			54	58		63		69	68		58
57	47	51	53	57	62	62	67	68	67		57
56	46	50			61	61	66	67			56
55		49	52	56	60		65	66	66		55
54	45		51	55	59	60	64	65	65		54
53	44	48	50	54		59	63	64	64		53
52	43	47		53	58	58	62	63			52
51			49	52	57	57		62	63		51

Table 12
T-Scores for
STANDING BROAD JUMP (continued)
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	107	148	115	106	109	53	190	218	144	
T-Score	Distance in Inches									T-Score
50	42	46	48	51	56	56	61		62	50
49	41	45	47	50	55	55	60	61	61	49
48			46		54	54	59	60	60	48
47	40	44		49		53	58	59		47
46	39	43	45	48	53		57	58	59	46
45			44	47	52	52	56	57	58	45
44	38	42	43	46	51	51		56	57	44
43	37	41	42	45	50	50	55	55		43
42		40		44		49	54	54	56	42
41	36		41		49	48	53	53	55	41
40	35	39	40	43	48	47	52	52	54	40
39	34	38	39	42	47	46	51	51		39
38				41	46		50		53	38
37	33	37	38	40		45		50	52	37
36	32	36	37	39	45	44	49	49	51	36
35			36	38	44	43	48	48	50	35
34	31	35		37	43	42	47	47		34
33	30	34	35		42	41	46	46	49	33
32		33	34	36	41	40	45	45	48	32
31	29		33	35		39	44	44	47	31
30	28	32	32	34	40			43		30
29	27	31		33	39	38	43	42	46	29
28			31	32	38	37	42	41	45	28
27	26	30	30	31	37	36	41	40	44	27
26	25	29	29	30		35	40			26
25			28		36	34	39	39	43	25
24	24	28		29	35	33	38	38	42	24
23	23	27	27	28	34	32		37	41	23
22			26	27	33		37	36	40	22
21	22	26	25	26		31	36	35		21
20	21	25		25	32	30	35	34	39	20
19	20	24	24	24	31	29	34	33	38	19
18			23		30	28	33	32	37	18
17	19	23	22	23	29	27	32	31		17
16	18	22		22	29	26	31	30	36	16
15			21	21	28	25			35	15
14	17	21	20	20	27		30	29	34	14
13	16	20	19	19	26	24	29	28	33	13
12			18	18	25	23	28	27		12
11	15	19		17	24	22	27	26	32	11
10	14	18	17			21	26	25	31	10
9		17	16	16	23	20	25	24	30	9
8	13		15	15	22	19		23		8
7	12	16	14	14	21	18	24	22	29	7
6		15		13	20		23	21	28	6
5	11		13	12		17	22	20	27	5
4	10	14	12	11	19	16	21	19		4
3		13	11		18	15	20		26	3
2	9			10	17	14		18	25	2
1	8	12	10	9	16	13	19	17	24	1

Table 13
T-Scores for
SIDE STEPPING
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	107	154	125	97	78	49	190	219	144	
T-Score	Number of Times Crossing Center Line									T-Score
100		16		20	20			20		100
99										99
98									19	98
97			17			20	20			97
96				19						96
95	14				19			19		95
94		15								94
93							19		18	93
92						19				92
91			16	18						91
90					18			18		90
89										89
88	13					18	18			88
87		14		17					17	87
86										86
85			15		17			17		85
84										84
83						17	17			83
82				16					16	82
81	12	13								81
80					16			16		80
79			14			16				79
78							16			78
77				15					15	77
76										76
75					15	15		15		75
74	11	12								74
73			13				15			73
72				14					14	72
71										71
70					14	14		14		70
69										69
68				13			14			68
67	10	11	12							67
66						13			13	66
65					13			13		65
64										64
63				12			13			63
62										62
61		10	11		12	12			12	61
60	9							12		60
59										59
58				11			12			58
57						11				57
56			10		11				11	56
55								11		55
54		9								54
53	8			10			11			53
52						10				52
51					10					51

Table 13
T-Scores for
SIDE STEPPING (continued)
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	107	154	125	97	78	49	190	219	144	
T-Score	Number of Times Crossing Center Line									T-Score
50			9					10	10	50
49				9						49
48						9	10			48
47		8								47
46	7				9			9		46
45									9	45
44			8	8		8				44
43							9			43
42					8			8		42
41										41
40		7							8	40
39	6			7		7				39
38			7				8			38
37					7			7		37
36						6			7	36
35		6		6					7	35
34							7			34
33										33
32	5		6		6			6		32
31										31
30				5		5				30
29									6	29
28							6			28
27		5								27
26			5		5	4		5		26
25	4			4						25
24									5	24
23							5			23
22										22
21					4	3		4		21
20		4	4	3						20
19									4	19
18	3						4			18
17						2				17
16					3			3		16
15				2						15
14		3	3						3	14
13							3			13
12						1				12
11	2				2			2		11
10				1						10
9										9
8			2				2		2	8
7		2								7
6					1			1		6
5										5
4	1									4
3							1		1	3
2			1							2
1		1								1

Table 14
T-Scores for
TENNIS BALL ACCURACY THROW*
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	106	153	126	97	102	54	184	211	142	
T-Score	Total Number of Successful Tosses									T-Score
100										100
99										99
98										98
97										97
96										96
95										95
94										94
93										93
92										92
91										91
90	30									90
89										89
88	29					30				88
87										87
86	28		30	30			30			86
85						29				85
84	27	30								84
83		29	29	29		28	29	30		83
82	26									82
81		28	28	28		27	28	29		81
80					30					80
79	25	27	27	27		26	27	28		79
78					29					78
77	24	26	26	26			26	27	30	77
76					28	25				76
75	23	25	25	25	27			26	29	75
74						24	25			74
73	22	24	24	24	26			25	28	73
72						23	24			72
71	21	23	23	23	25				27	71
70					24	22	23	24		70
69	20	22	22	22					26	69
68					23	21	22	23		68
67	19	21	21	21					25	67
66					22			22	24	66
65	18	20		20	21	20	21			65
64			20					21	23	64
63	17	19			20	19	20			63
62		18	19	19				20	22	62
61	16				19	18	19			61
60		17	18	18					21	60
59	15				18	17	18	19		59
58		16	17	17	17				20	58
57	14							18		57
56		15	16	16	16	16	17		19	56
55								17		55
54	13	14	15	15	15	15	16		18	54
53					14			16	17	53
52	12	13	14	14		14	15			52
51					13			15	16	51

*For ages 7 through 9 - distances 4 ft., 6 ft., 8 ft., for ages
10 through 15 - distances 4 ft., 8 ft., 12 ft.

Table 15
T-Scores for
GRIP STRENGTH--RIGHT HAND
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	134	100	103	102	114	174	172	206	102	
T-Score	Number of Pounds									T-Score
100		65	69	84	101	123	120	138	134	100
99	58		68	83	100	121	119	136	132	99
98	57	64		82	99	120	118	135	131	98
97	56	63	67	81	98	118	117	133	130	97
96		62	66	80	97	117	115	132	128	96
95	55		65	79	95	116	114	131	127	95
94	54	61		78	94	114	113	129	125	94
93		60	64	77	93	113	112	128	124	93
92	53	59	63	76	92	111	111	126	123	92
91	52		62		91	110	109	125	121	91
90		58		75	89	109	108	123	120	90
89	51	57	61	74	88	107	107	122	119	89
88	50	56	60	73	87	106	106	121	117	88
87	49		59	72	86	104	105	119	116	87
86	48	55		71	85	103	103	118	114	86
85		54	58	70	84	102	102	116	113	85
84	47	53	57	69	82	100	101	115	112	84
83	46		56	68	81	99	100	113	110	83
82		52	55	67	80	98	99	112	109	82
81	45	51		66	79	96	97	111	107	81
80	44	50	54	65	78	95	96	109	106	80
79	43		53	64	76	93	95	108	105	79
78		49	52	63	75	92	94	106	103	78
77	42	48		62	74	91	93	105	102	77
76	41	47	51	61	73	89	91	103	100	76
75		46	50	60	72	88	90	102	99	75
74	40		49	59	71	86	89	101	98	74
73	39	45		69	85	88	88	99	96	73
72	38	44	48	58	68	84	87	98	95	72
71		43	47	57	67	82	86	96	94	71
70	37		46	56	66	81	84	95	92	70
69	36	42		55	65	79	83	93	91	69
68		41	45	54	63	78	82	92	89	68
67	35	40	44	53	62	77	81	91	88	67
66	34		43	52	61	75	80	89	87	66
65	33	39		51	60	74	78	88	85	65
64		38	42	50	59	73	77	86	84	64
63	32	37	41	49	58	71	76	85	82	63
62	31		40	48	56	70	75	83	81	62
61		36	39	47	55	68	74	82	80	61
60	30	35		46	54	67	72	81	78	60
59	29	34	38	45	53	66	71	79	77	59
58	28		37	44	52	64	70	78	75	58
57		33	36	43	50	63	69	76	74	57
56	27	32		49	61	68	75	86	84	56
55	26	31	35	42	48	60	66	74	71	55
54	25		34	41	47	59	65	72	70	54
53		30	33	40	46	57	64	71	69	53
52	24	29		39	45	56	63	69	67	52
51	23	28	32	38	43	54	62	68	66	51

Table 15
T-Scores for
GRIP STRENGTH--RIGHT HAND (continued)
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	134	100	103	102	114	174	172	206	102	
T-Score	Number of Pounds									T-Score
50			31	37	42	53	60	66	64	50
49	22	27	30	36	41	52	59	65	63	49
48	21	26		35	40	50	58	64	62	48
47	20	25	29	34	39	49	57	62	60	47
46			28	33	37	48	56	61	59	46
45	19	24	27	32	36	46	54	59	57	45
44	18	23	26	31	35	45	53	58	56	44
43		22		30	34	43	52	56	55	43
42	17		25	29	33	42	51	55	53	42
41	16	21	24	28	32	41	50	54	52	41
40	15	20	23	27	30	39	48	52	50	40
39		19		29	29	38	47	51	49	39
38	14		22	26	28	36	46	49	48	38
37	13	18	21	25	27	35	45	48	46	37
36		17	20	24	26	34	44	46	45	36
35	12	16		23	25	32	42	45	44	35
34	11	15	19	22	23	31	41	44	42	34
33	10		18	21	22	29	40	42	41	33
32		14	17	20	21	28	39	41	39	32
31	9	13		19	20	27	38	39	38	31
30	8	12	16	18	19	25	36	38	37	30
29			15	17	17	24	35	36	35	29
28	7	11	14	16	16	23	34	35	34	28
27	6	10	13	15	15	21	33	34	32	27
26	5	9		14	14	20	32	32	31	26
25			12	13	13	18	30	31	30	25
24	4	8	11	12	12	17	29	29	28	24
23	3	7	10	11	10	16	28	28	27	23
22	2	6			9	14	27	26	25	22
21			9	10	8	13	26	25	24	21
20	1	5	8	9	7	11	24	24	23	20
19		4	7	8	6	10	23	22	21	19
18		3		7	4	9	22	21	20	18
17			6	6	3	7	21	19	19	17
16		2	5	5	2	6	20	18	17	16
15		1	4	4	1	4	18	16	16	15
14				3		3	17	15	14	14
13			3	2		2	16	14	13	13
12			2	1		1	15	12	12	12
11			1				14	11	10	11
10							12	9	9	10
9							11	8	7	9
8							10	6	6	8
7							9	5	5	7
6							8	4	3	6
5							7	2	2	5
4							5	1		4
3							4			3
2							3			2
1							2			1

Table 16
T-Scores for
GRIP STRENGTH--LEFT HAND
Girls--Ages 7-15

Age	7	8	9	10	11	12	13	14	15	
No. of Cases	134	100	103	102	114	174	172	206	102	
T-Score	Number of Pounds									T-Score
100		62		83	100	109	109	130	118	100
99	55	61	68	82	99	108	108	129	117	99
98	54		67	81	98	107	107	127	116	98
97		60	66	80	96	106	106	126	115	97
96	53	59		79	95	105	105	125	114	96
95	52		65	78	94	104	104	123	112	95
94		58	64	77	93	102	103	122	111	94
93	51	57	63	76	92	101	102	120	110	93
92	50				91	100	101	119	109	92
91		56	62	75	90	99	100	118	108	91
90	49	55	61	74	88	98	99	116	107	90
89	48	54	60	73	87	97	98	115	105	89
88				72	86	95	97	114	104	88
87	47	53	59	71	85	94	95	112	103	87
86	46	52	58	70	84	93	94	111	102	86
85			57	69	83	92	93	109	101	85
84	45	51		68	81	91	92	108	99	84
83	44	50	56	67	80	89	91	107	98	83
82			55	66	79	88	90	105	97	82
81	43	49	54	65	78	87	89	104	96	81
80	42	48		64	77	86	88	102	95	80
79		47	53	63	76	85	87	101	93	79
78	41		52	62	75	84	86	100	92	78
77	40	46	51		73	82	85	98	91	77
76		45		61	72	81	84	97	90	76
75	39		50	60	71	80	83	95	89	75
74	38	44	49	59	70	79	82	94	88	74
73		43		58	69	78	81	93	86	73
72	37	42	48	57	68	77	80	91	85	72
71	36		47	56	66	75	79	90	84	71
70		41	46	55	65	74	77	88	83	70
69	35	40		54	64	73	76	87	82	69
68	34		45	53	63	72	75	86	80	68
67		39	44	52	62	71	74	84	79	67
66	33	38	43	51	61	70	73	83	78	66
65	32			50	60	68	72	82	77	65
64		37	42	49	58	67	71	80	76	64
63	31	36	41		57	66	70	79	74	63
62	30	35	40	48	56	65	69	77	73	62
61				47	55	64	68	76	72	61
60	29	34	39	46	54	63	67	75	71	60
59	28	33	38	45	53	61	66	73	70	59
58			37	44	51	60	65	72	69	58
57	27	32		43	50	59	64	70	67	57
56	26	31	36	42	49	58	63	69	66	56
55			35	41	48	57	62	68	65	55
54	25	30	34	40	47	56	61	66	64	54
53	24	29		39	46	54	59	65	63	53
52		28	33	38	44	53	58	63	61	52
51	23		32	37	43	52	57	62	60	51

Table 16
T-Scores for
GRIP STRENGTH--LEFT HAND (continued)
Girls--Ages 7-15

	Age	7	8	9	10	11	12	13	14	15	
No. of Cases		134	100	103	102	114	174	172	206	102	
T-Score		Number of Pounds									T-Score
50		22	27	31	36	42	51	56	61	59	50
49			26			41	50	55	59	58	49
48		21		30	35	40	49	54	58	57	48
47		20	25	29	34	39	47	53	56	55	47
46			24	28	33	38	46	52	55	54	46
45		19	23		32	36	45	51	54	53	45
44		18		27	31	35	44	50	52	52	44
43			22	26	30	34	43	49	51	51	43
42		17	21	25	29	33	42	48	50	50	42
41		16			28	32	40	47	48	48	41
40			20	24	27	31	39	46	47	47	40
39		15	19	23	26	30	38	45	45	46	39
38		14		22	25	28	37	44	44	45	38
37			18		24	27	36	43	43	44	37
36		13	17	21	23	26	35	41	41	42	36
35			16	20		25	33	40	40	41	35
34		12		19	22	24	32	39	38	40	34
33		11	15		21	23	31	38	37	39	33
32			14	18	20	21	30	37	36	38	32
31		10		17	19	20	29	36	34	36	31
30		9	13		18	19	28	35	33	35	30
29			12	16	17	18	26	34	31	34	29
28		8	11	15	16	17	25	33	30	33	28
27		7		14	15	16	24	32	29	32	27
26			10		14	15	23	31	27	30	26
25		6	9	13	13	13	22	30	26	29	25
24		5		12	12	12	21	29	24	28	24
23			8	11	11	11	19	28	23	27	23
22		4	7		10	10	18	27	22	26	22
21		3		10	9	9	17	26	20	25	21
20			6	9		8	16	25	19	23	20
19		2	5	8	8	6	15	23	18	22	19
18		1	4		7	5	14	22	16	21	18
17				7	6	4	12	21	15	20	17
16			3	6	5	3	11	20	13	19	16
15			2	5	4	2	10	19	12	17	15
14					3	1	9	18	11	16	14
13			1	4	2		8	17	9	15	13
12				3	1		6	16	8	14	12
11				2			5	15	6	13	11
10							4	14	5	11	10
9				1			3	13	4	10	9
8							2	12	2	9	8
7							1	11	1	8	7
6								10		7	6
5								9		6	5
4								8		4	4
3								7		3	3
2								5		2	2
1								4		1	1



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